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## SCREEN CAPTURED

NETFLIX USERS DON'T NECESSARILY  
 CANCEL CABLE — THEY JUST  
 WATCH A LOT OF TV: SURVEY PAGE 6

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Monday, February 25, 2013



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## LIGHTS, CAMERA, STARS!

Host Seth MacFarlane speaks onstage during the Oscars held at the Dolby Theatre in Hollywood, Calif., Sunday. For more on the Oscars, including the night's biggest fashion moments, head to the Scene section, pages 8 & 9. KEVIN WINTER/GETTY IMAGES

## Sports hall secures \$9.7M in funding

The Jonathan Toews  
 Community Club field house  
 moves closer to reality after  
 a contribution from the city  
 and province PAGE 3

## Brothers both face jail time

Olympic star Oscar Pistorius'  
 older brother is facing charges  
 in a woman's traffic death PAGE 5

## This makes the cake

Tomato purée on the side  
 adds zip to rice cakes PAGE 12



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Errors

Correction

A story in the Feb. 21 edition of Metro titled "Business licensing red tape cut" stated fresh-produce vendors will now not need to obtain a business licence and food trucks would be eligible for the new seasonal licences. Both are inaccurate. Metro regrets the errors. **METRO**

Crime

Teen charged in armed car jacking

A teenage boy is facing a number of charges after a woman had her vehicle stolen Saturday.

Police said the victim had pulled into her parking spot around 6:40 p.m. when an armed male pointed a black pistol-style pellet gun at her and demanded her keys. The woman handed over the keys to her car and the male also made off with her purse, cash and jewelry.

Then around 11 p.m., RCMP noticed the stolen vehicle at a rest stop in Headingley.

A 15-year-old boy is charged with robbery using a firearm, pointing a firearm, and possessing property obtained by crime over \$5,000. **METRO**

Help wanted

Police lose loaded magazine

Officers need help finding a police-issued magazine and ammunition lost in downtown Winnipeg Saturday.

Police say the black plastic magazine clip contains 15 rounds of ammunition and was lost after it became dislodged during the course of an officer's duties. Anyone who finds the magazine, and/or the ammunition, should turn it in at any police station or call 204-986-6222. **METRO**

## Charity. Non-profit organization gets new St. Boniface warehouse

Centre Flavie-Laurent Center (CFLC), an organization that provides no-cost furniture, clothes and household items to those who are homeless or at risk of homelessness, officially opened its brand new St. Boniface warehouse Friday.

The 8,300-square-foot warehouse on Provencher Boulevard will hold items that will be delivered to or picked up by CFLC clients.

It is the first project funded through an agreement with the federal government and the city to support hom-

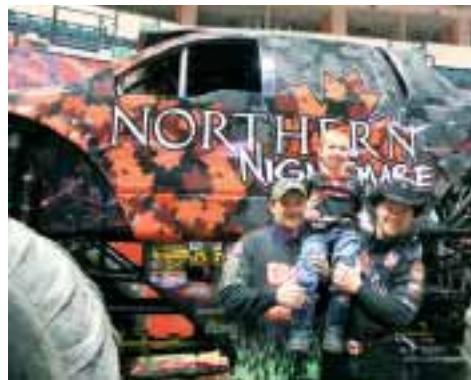
lessness initiatives.

"A bed to sleep on and a table to eat on is something many of us take for granted, but for many those are luxuries, and everyone should have that opportunity," said Mayor Sam Katz.

"For newcomers to come here and get the basics to start their home, allows them to focus on so much more."

Funding will also be provided to CFLC to help deliver items. The total cost of the St. Boniface project is about \$430,000.

DAVE BAXTER/METRO



### A dream come true

Grave Digger driver John Zimmer, left, and Northern Nightmare driver Cam McQueen hold up Dane Goodall-George in front of Northern Nightmare at MTS Centre Friday. Dane was given the chance to sit in the truck and meet the drivers as part of his wish from The Dream Factory. **DAVE BAXTER/METRO**

## Community centre makeover

### Jonathan Toews Community Centre. \$9.7-million infusion to build a sports hall

A south-end community centre is one step closer to building a brand new sports and recreation centre thanks to funding from two levels of government.

The Jonathan Toews Community Centre received a contribution of \$9.7 million from the city and province Friday to help build a 54,210-square-foot multi-use sports hall or field house that will cost a total of \$17.3 million. The field house will host a number of indoor sports and activities.

"When you come to this community centre there will be something for everyone. Whether it's basketball, indoor soccer, indoor baseball, or aerobics, there will be all sorts of indoor activities going on year-round," said Mayor Sam Katz.

MLA Christine Melnick said she believes the people involved with the Jonathan Toews Community Club deserve a great deal of credit for the funding.

Of the \$9.7 million the com-



Minister Christine Melnick and Mayor Sam Katz announce funding for the J Jonathan Toews Community Centre Friday.

DAVE BAXTER/METRO

munity club received Friday, \$5 million came from the province and \$4.7 million came

from the city. Other funding partners, including sports associations and community

### Revitalization

Mayor Sam Katz also announced Friday an almost \$1-million commitment to Freight House to revitalize the centre's park area. The money for the project came from the Mayor's Civic Initiatives Fund. The planned improvements, set to begin in summer of 2013, include:

- Creating a new, accessible outdoor play structure
- Resurfacing an outdoor basketball court
- Installing new, permanent boards for an outdoor skating rink
- Adding a new skateboard/BMX bike area
- Supplying new nets for the soccer field
- Beautifying the outdoor area with signs, seats, trees and fencing

groups, will contribute the remaining funds.

DAVE BAXTER/METRO

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1  
NEWS

# HERE'S TO THE HOCKEY PARENTS



WHAT'S GOOD  
Ace Burpee

Thanks to YouTube, the "hockey parent" has come under fire in recent weeks. While there's no doubt there are some poorly behaved parents in rinks right across the country, I'm here in support of the good ones. I've seen and know enough not to paint them all with the same brush.

Here's to the hockey parents who tie skates for the little ones, including kids who don't even belong to them.

Here's to the hockey parent who takes on the role of team manager, thus signing up for one of the biggest headaches in the history of sports.

Here's to the hockey parents who have to get up super early on a Saturday, regardless of the adult activities they were up to the evening prior, and take their kid to the first of three games that day.

Here's to the hockey parents who know that sometimes you deserved that slash on the

back of the leg for what you said to that kid.

Here's to the hockey parent who knows it's just a game, and that their child is likely not the next Sidney Crosby.

Here's to the hockey parents who clap for the injured player on an opposing team when he or she is helped to their feet.

Here's to the hockey parents who wore those massive buttons with their kid on them.

Here's to the hockey mothers who would play an exhibition game against their boys for the season wind-up, wearing figure skates and all.

Here's to the hockey parents who are new Canadians and come from a country where hockey is not played, thus having to start learning from scratch some 30 years after most parents.

I could go on forever. Fact is, while there are some bad ones, let us not forget there are some really great hockey parents out there. Well, they're parents. They just happen to have kids who play hockey.

**ACE BURPEE IS A LOCAL RADIO HOST, PRODUCER, WRITER AND SUPPORTER OF ALL THINGS GOOD.**

## Shooting. Arrest made in homicide at all-night eatery

Police have made an arrest in a brazen months-old homicide at an all-night Winnipeg restaurant.

Jeffrey Michael Lau, 23, was killed and a 22-year-old man was injured when a gunman fired multiple rounds at them in the Pembina Highway Salisbury House restaurant around 3 a.m. on Sept. 27.

After a lengthy investiga-

tion, police arrested Devin Kingsley Hall, 26, without incident in the Polo Park area Thursday morning.

Hall is charged with first-degree murder, attempted murder and a number of fire-arm-related offences.

Anyone with information about the killing should call police at 204-986-6508 or Crime Stoppers at 204-786-TIPS. METRO



### It's snow joke, the weather's nice

Mitch Proctor, 24, of Lockport, nose slides the vert ramp park at The Forks' Arctic Glacier Winter Park Sunday. Proctor was one of 38 competitors enjoying the afternoon's sun and warm temperatures for Scotiabank's Snow Jam at The Forks, presented by TwoZeroOne Skate Shop. Sunny skies are expected all week with temperatures predicted to reach a balmy high of 2 C Tuesday. SHANE GIBSON/METRO

## Chief used 'bogus' means to keep power, court rules

**Governance.** Terrance Nelson ousted on Manitoba reserve

A federal court judge has ruled that the former chief and three councillors of a Manitoba aboriginal reserve used "illegitimate means," including a "bogus" resolution, to cling to power when members of their own community threw them out of office.

Justice James Russell ruled

that Terrance Nelson ceased being chief of the Roseau River Anishinabe First Nation on Sept. 20, 2011 — the day the community's Custom Council removed him over his refusal to co-operate with an audit into the band's financial affairs.

The Custom Council is the band's governing authority and is made up of one representative from each family in the community.

Nelson was a candidate last year for the top job at the Assembly of First Nations.

Russell ruled that Nelson, along with several other band councillors who were also removed, attempted to dissolve the Custom Council.

When that didn't work, Russell said they "attempted to concoct and/or rely upon a fake Custom Council resolution" to reinstate themselves.

The dispute caused financial havoc for the community, with financial institutions freezing the band's accounts and band employees unsure who to take orders from.

THE CANADIAN PRESS

### Questionable spending

- The federal auditor's report found no criminal activity but it questioned some of the financial spending.
- This includes \$500,000 of undocumented loans, \$2,500 Christmas bonus for chief and council, and \$2.1 million to develop land for a gaming centre and gas bar.

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# Pistorius' brother also charged in a death

**Accused of negligent killing.** Carl Pistorius had charges dropped, then reinstated in lethal traffic accident

The murder case involving Olympic star Oscar Pistorius took another unexpected turn Sunday with the news that his older brother, Carl, is himself facing charges for the death of a woman in a traffic accident.

Carl Pistorius faces a charge of unlawful, negligent killing for a 2008 road death, "in which a woman motorcyclist sadly lost her life," Kenneth Oldwage, the Pistorius family lawyer, said on Sunday. The ac-

cident happened in Vanderbijlpark, south of Johannesburg. The charge of "culpable homicide" was dropped and then reinstated and will be challenged in court, the lawyer told The Associated Press.

To drop and then reinstate charges is "not uncommon in South African criminal law. The law specifically makes provision to allow charges to be dropped and then to be reinstated as a result of further investigations," said Jacob van Garderen, director of Lawyers for Human Rights. "It is a practical procedure, a process that is there to assist both sides."

This past weekend, model Reeva Steenkamp, who was shot to death by Oscar Pistorius on Valentine's Day, was on tele-

vision again in a new episode of the reality show Tropika Island of Treasure 5, even though she was buried last Tuesday.

On Monday, Oscar Pistorius must report to the police station in Brooklyn, a suburb of the capital Pretoria, and sign in, a twice-weekly procedure that is part of his bail conditions.

Pistorius was released on bail Friday and stayed at the home of his uncle Arnold in Waterkloof. His brother Carl came to visit the house Sunday.

Oldwage said that "Carl deeply regrets the accident" and that a blood test showed he was not drunk at the time.

Oscar Pistorius was charged with murder, but the athlete says he killed his girlfriend accidentally. **THE ASSOCIATED PRESS**

## Investigator also charged

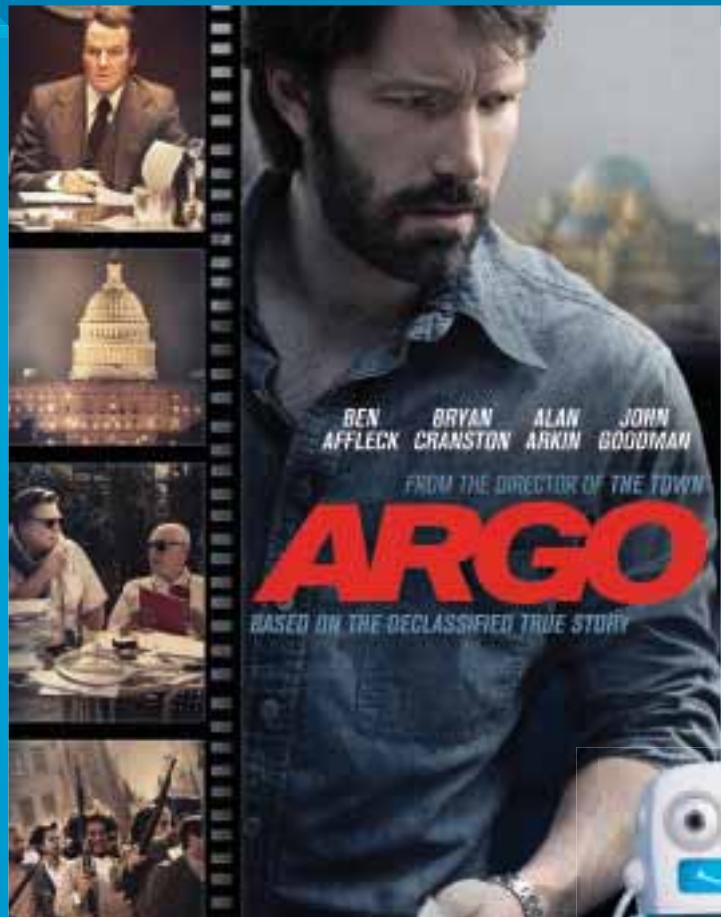
It is the second time someone associated with the case has been found to face a charge that had been dropped and reinstated.

- The chief police investigator faces charges of seven counts of attempted murder for allegedly shooting at a vehicle with seven passengers.
- Hilton Botha was removed from the Pistorius investigation following the revelations, and a new chief detective was appointed on Thursday.



Brother Carl Pistorius, right, and father Henke attend Oscar's bail hearing on Tuesday. **THEMBA HADEBE/THE ASSOCIATED PRESS FILE**

## Now playing on Shaw On Demand.



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Shaw)

# Netflix and TV go together like a horse and carriage: Report

**Usage.** Almost 1 in 3 homes with kids under 12 has a Netflix subscription, and 36% of homes with teens do

Canadian Netflix users stream an average of about an hour a day, watch another half hour's worth of content online, and catch another hour and a half of broadcast TV, suggests a study.

Most Netflix customers are not so-called cord cutters — a term to describe consumers who have cancelled their cable or satellite plan in favour of other content options — according to the report by the Media Technology Monitor, based on surveys with thousands of Canadians.

In fact, Netflix users were found to be more likely than other consumers to shell out for a premium TV package,



Netflix Canada is growing in popularity. PHOTO ILLUSTRATION BY GETTY IMAGES

even while paying \$8 a month for the streaming service. While 31 per cent of anglophone consumers said they pay extra for a premium TV package, the figure was 36 per cent among Netflix subscribers.

MTM estimated that about one in five anglophones were subscribing to Netflix in the fall and users watched an average of 6.4 hours on Netflix a week.

Subscribers appeared to be watching less TV on cable and

satellite, tuning in for about 11.3 hours per week compared to the 14.9 hours that non-users watched. But when adding their Netflix streams and content viewed online, they watched an average of more than 22 hours a week, well above the almost 16 hours for non-Netflix users.

As for demographics, 29 per cent of consumers aged 18 to 34 said they were Netflix users, followed by 27 per cent of those aged 35 to 49. **THE CANADIAN PRESS**



## Case of the missing mural

A new stencilled rat holding a sign that reads "Why?" appears on the side of a shop beside where the old Banksy artwork was removed in London, England. The original artwork — Slave Labour — vanished earlier this month. It appeared on the website of a Miami auction house, due to be sold Saturday with an estimated price of \$500,000 to \$700,000. But the BBC reported that the auction house confirmed the piece had been withdrawn from sale. **JORDAN MANSFIELD/GETTY IMAGES**

### Sequestration

**Canadians would feel pain of U.S. debt reductions**

Canada will feel the sting if U.S. Congress fails this week to avert what's known as sequestration, an array of massive spending cuts to a host of federal departments and agencies aimed at slashing America's \$16-trillion national debt.

On Thursday, \$85 billion in cuts for this fiscal year alone are slated to kick in. All told, sequestration would amount to \$1.2 trillion in budget reductions by 2021.

For Canadians, that means shopping trips to border communities will almost immediately become a hassle as they're confronted with waits of several hours at busy entry points. They'll also feel the effects when they fly, as U.S. officials cancel flights and shutter some control towers and airports.

Exporters, meantime, will face far longer cargo-processing times at borders as well. Business travellers will be ensnared in long lines at the border. **THE CANADIAN PRESS**



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# DON'T BE AFRAID OF THE P-WORD



## URBAN COMPASS

Colin Fast  
winnipeg@metronews.ca

Forget about the F-bomb. To your average city employee, the most offensive term in the English language just might be the P-word. Privatization, that is.

CUPE Local 500, the union representing thousands of city workers, hates the word so much that it has bombarded us with ads over the last several months warning about the dangers of creeping "privatization" at city hall.

To listen to CUPE tell the story, you'd think Donald Trump was about to steal your child's playground and turn it into an open pit mine.

The hype machine cranked into high gear again late last week, with news the city might lease out a few golf courses and hire custodial-service companies to clean more civic buildings.

Trouble is, these new proposals aren't much about privatization, they're forms of contracting out services. And while that might sound like nitpicking over language, there's a difference.

In its purest form, privatization occurs when the city sells an asset or gets out of a business entirely. Think about when the provincial government privatized MTS in the 1990s.

But that's not what's happening here.

The city isn't selling golf courses, it just wants to find companies who can manage them more efficiently. It will still own the courses, and can cancel the leases if they don't work out. But if they do work, taxpayers could save millions.

The city also isn't privatizing cleaning services in its own buildings (I'm not even sure how that would work). Instead, it wants to pay cleaning companies about \$1 million less every year than it's currently paying unionized employees to do the same job.

With all due respect to the city employees involved — who will be transferred to other positions — this just sounds like good business sense. After all, it's the city's role to provide effective services and foster a climate where private firms and non-profit organizations can grow. It's not the city's job to provide jobs.

Besides, are private businesses really all that evil anyway?

Most of us work for private companies, live in privately built homes, buy groceries from private retailers and get our teeth fixed by private dentists. You're reading a private newspaper right now.

It's a simple fact that in some fields, the private sector is more efficient than the public sector.

Now if the union disputes this, it has options beyond simply scaring the crap out of citizens.

In some cities, unions have taken the innovative step of bidding on contract opportunities themselves. The theory goes that civic employees know the business better than anyone, so they should be able to come up with creative ways to save money and protect their jobs in the process.

But in Winnipeg, CUPE refuses to do this, claiming its job is to represent workers, not submit business proposals.

Too bad, because by choosing to demonize private companies rather than step up and really show the value of its own people, CUPE is reminding me of another P-word: Phoney.

## Health risk

### Ottawa calls for tanning beds to carry skin-cancer warning labels

It's not yet moving to the sometimes hideous pictorial warning labels seen on cigarette packaging, but Ottawa wants to get the message across that tanning beds can be hazardous to your health.

Health Minister Leona Aglukkaq says Health Canada will soon require that all tanning beds carry warnings about skin cancer and other potential dangers.

The proposed changes come after several provinces moved to prevent the use of tanning beds by young

people.

Earlier this month, legislation took effect that would ban those under 18 from using tanning beds in Quebec.

Using indoor tanning equipment before age 35 significantly increases the risk of developing melanoma skin cancer, according to research by the International Agency for Research on Cancer.

Canada's proposed tanning-bed labels don't forbid their use, but instead warn the devices are "not recommended for use by those under 18 years of age."

The labels would also read Tanning Equipment Can Cause Cancer, and carry a list of other health risks associated with tanning.

THE CANADIAN PRESS

# Final finish line for centenarian



KIN CHEUNG/THE ASSOCIATED PRESS

## Setting the pace

### Oldest marathon runner retires

The world's oldest marathon runner ran his last race on Sunday at the age of 101.

Fauja Singh finished the Hong Kong marathon's 10-kilometre race in a time of one hour, 32 minutes and 28 seconds.

The Indian-born runner, nicknamed the Turbaned Torpedo, had said that he would hang up his sneakers after the race in the southern Chinese city, just before his 102nd birthday. Singh finished the race in 2011.



**"From a tragedy has come a lot of success and happiness."**

Fauja Singh, world's oldest marathon runner.

Singh explained that he took up running as a way to get over depression after his wife and son died in quick succession in India. The death in 1994 of his son took a particularly hard toll on Singh because of its grisly nature. Singh and his son, Kuldip, both farmers, were checking on their fields in the middle of a storm when a piece of corrugated metal blown by the wind decapitated Kuldip in front of his father's eyes.

Singh, a great-grandfather, became the oldest man to run a full marathon in Toronto in 2011, at the age of 100. But his record was not recognized by Guinness World Records because he doesn't have a birth certificate to prove his age. Singh has a British passport that shows his date of birth as April 1, 1911, while a letter from Indian government officials states that birth records were not kept in 1911.

## Starting to run was no sweat

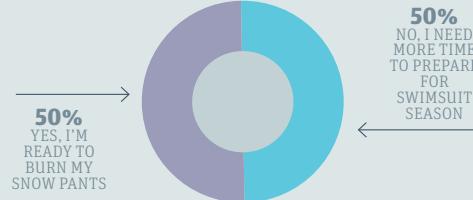
Singh went to live with his youngest son in London, England, after his other son died. That's where Singh attended tournaments organized by the Sikh community and he took part in sprints.

He met some Sikh marathon runners who encouraged him to take up long-distance running. One day he saw a marathon on television for the first time and decided that's what he wanted to do, too.

THE ASSOCIATED PRESS

Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

### Are you counting down the days till spring?



## Twitter

**@caylinmercer:** I just wanna go back to Winnipeg and go to Taco Bell with my babe

**@PyperJayne:** Wake up to hoarfrost in Winnipeg this morning...can't wait to watch Instagram explode with pictures of trees

**@TBunio:** Shout out to #winnipeg employees. Water main break stopped and drained within the hour #service

**@melissaiscool:** @UrbanNativeGirl Being from Winnipeg, it's not really snow unless it's piled so high you can't open your front door.

**@meagsmurray:** Obviously the best rivalry in the NHL is San Jose vs. Winnipeg. Have you people never seen West Side Story?

**@isabelleklmnk:** started work at 8 this morning can't wait for 4:30 to roll around so I can nap.

Metro's Dorothy Robinson and The Kit's Nadine Anglin give us their take on the best and worst of the red carpet of all red carpets at the 85th Academy Awards in L.A. on Sunday



# Red carpet hits ... and misses



## 4 Anne Hathaway

Um. Did I just see Anne Hathaway's nipple? Did you? Help. Someone help me. Did I just see that? Guys. Someone get Anne Hathaway's stylist on the phone STAT. **DOROTHY ROBINSON**

## 5 Kerry Washington

The jewelled bodice is dazzling and the red colour was the perfect complement. Kerry is a hip glamour girl and a style icon on the rise. **NADINE ANGLIN**

## 6 Channing Tatum

Channing Tatum's tux looks like my prom date's rental. From 1997. **DOROTHY ROBINSON**

### Oscar tweets

@TheAcademy

Everybody's a winner at the #Oscars tonight. Except, of course, for the people that lose.



@ericasara

Seeing tweets criticizing women's bodies on red carpet, esp from magazines representing health industry = extremely disappointing #FAIL

@AustenGilliland

Oscars, shmoscars, make some soup!

@Sid\_Seixeiro

Dear Wife: You watched the entire Super Bowl. I will now sit through three hours of Red Carpet on E! We're even. Signed, Me.

@SarahInMI

My red carpet look? Oh, that'd be Old Navy flannel pajamas from their Fall 2011 collection.

@OwenBenjamin

It's funny watching fashion people pretend every tux doesn't look exactly the same.

On the web

For more Oscar fashion coverage, visit [TheKit.ca](http://TheKit.ca)



### The Word

## Oscar swag

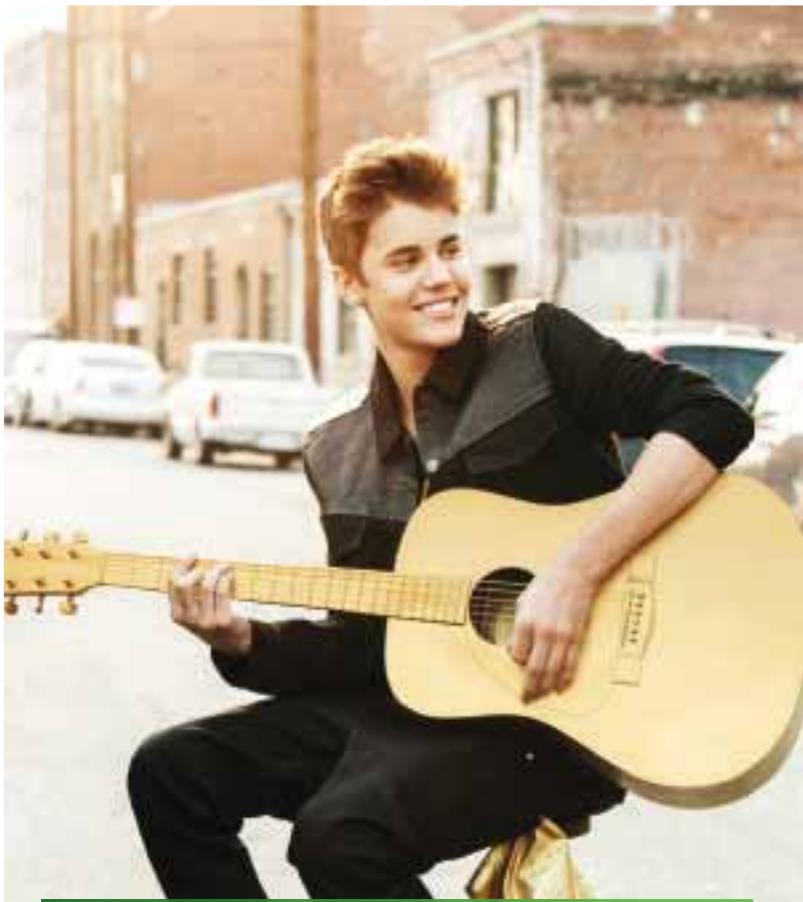


THE WORD

Dorothy Robinson  
scene@metronews.ca

It may be an honour just to be nominated for an Academy Award, but it's also lucrative. Just check out the gift bag all nominees receive, cultivated by Distinctive Assets:

- A trip to Australia worth \$12,000
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- A \$20 box of Naked Condoms
- A \$40 electronic cigarette
- A \$795 water filtration system
- \$60 worth of gluten-free macaroons
- \$406 worth of anti-aging hand lotion
- \$530 worth of Sedu hair styling tools
- \$250 worth of Diet Pepsi
- A Samsung WB150F Wi-Fi-powered camera
- And a \$20 book, *Take 2: Your Guide to Happy Endings and New Beginnings*, by Leeza Gibbons. Because that's exactly what struggling actress Jessica Chastain needs — a self-help book by the former host of *Entertainment Tonight*.



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metro

10

metronews.ca  
Monday, February 25, 2013



## Madonna photos too hot for Instagram

Madonna's foray into photo-sharing may be short-lived if she doesn't clean up her act.

The singer recently joined Instagram, collecting more than 150,000 followers while posting provocative photos of herself as well as images of flowers, horses and artist Frida Kahlo. But she's also posted a warning she apparently received from the folks at Instagram about reviewing the site's community guidelines.

"We value these guidelines and believe that they will help keep Instagram a safe and fun place for everyone," the message reads. "It is important to note that continuing to violate them may result in a disabled account or discontinued access to Instagram without warning."



Steven Tyler

'You also could say I snorted half of Peru'

Steven Tyler estimates that he has probably snorted \$5 million or \$6 million worth of cocaine during his drug-abusing days, which is a far cry from his estimate of \$20 million in his 2011 memoir. "But it doesn't matter," he tells Australia's 60 Minutes during an interview. "You also could say I snorted half of Peru, but it doesn't matter. You know, it's what we did."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

**Britney's bodyguard gets a new job and will.i.am gets a new car**



STARGAZING  
Malene Arpe  
[scene.metronews.ca](http://scene.metronews.ca)



... (Go ahead. Make the joke about Britney. It can't possibly be worse. – ed)

**While her injured boyfriend is in pain and bleeding on a stretcher, Paris Hilton poses for a photographer right in front of him.** Kris Jenner, Dina Lohan and Joe Simpson ask themselves what they did wrong and what Kathy Hilton did right.

**A study suggests that it's better for your health if you just allow yourself to fart whenever you're on a plane.** But not if you're sitting next to me.

**Russell Brand says that remaking Arthur was a mistake.** He finally got around to watching it. Good for him.

**Celebrity Math Question:** If Brendan Fraser claims that he cannot possibly afford to pay \$900,000 a year in child support and Mary J. Blige has a new \$900,000 lien against her, while will.i.am pays \$900,000 for a custom-made car, why is Kevin Federline sad? Answer: because, no matter how hard he tries, all he can come up with is \$57,000 in unpaid taxes.

Twitter



@KChenoweth

Just Said hello to Barbra Streisand. Happy now



@BetteMidler

AN UNDERGROUND GAY LOBBY AT THE VATICAN? AND THEY HAVEN'T CALLED MY AGENT?



@rosesmcgowan

I hate everyone. Not you, everyone else.



@Sethrogen

Ah, awards season. Or as I know it, the time of year I learn that I'm too fat for all my suits.

No gym required

## Spot-toning with tots



IT'S ALL RELATIVE  
Kathy Buckworth,  
kathybuckworth.com

Forget the expensive gym if you have kids. There are more specific spot-toning exercises:

- Toddler squat: You will spend a torturous amount of time squatting in front of them in order to zip up coats, tie shoes, wipe noses, scrub away crusted-on ketchup, discipline and pull up unintentional low rise pants.
- Car seat resistance training: Children will take every opportunity to fight car seat confinement. This is most

effectively achieved by back arching, kicking and arm flailing. It will take all of your strength and toning skills to firmly place the child in the seat while not snapping limbs (theirs).

- Flying boot maneuver: Sitting down and gently pulling off muddy boots takes up valuable time in a five-year-old's day. The preferred method is to

stand on one foot, grasp the antique hall table with a sticky hand, and shake the other foot until the boot is sent flying into your new suede jacket. Duct tape boots to your child's pants to avoid strenuous ducking and dodging.

**EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME**  
BY KATHY BUCKWORTH, KEY PORTER BOOKS, 2007. THIS BOOK WILL BE AVAILABLE ON AUDIBLE.COM ON FEB. 27.

Exclusively online

Sadly mommy's gym membership fees aren't helping her build muscle or your RESP fund. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at [metronews.ca/voices](http://metronews.ca/voices)



Joe Jensen, 2, watches television as a special treat in the afternoon at his home in Seattle. Joe's mother, Nancy Jensen, was a participant in a new University of Washington study on the effects of television viewing on kids. **TED S. WARREN/THE ASSOCIATED PRESS**

# Switch to less violent TV for better-behaved kids: study

## Picking Sesame Street over Power Rangers.

Substituting shows the most short-term gains for low-income boys

Teaching parents to switch channels from violent shows to educational TV can improve preschoolers' behaviour, even without getting them to watch less, a study found.

The results were modest and faded over time, but may hold promise for finding ways to help young children avoid aggressive, violent behaviour, the study authors and other doctors said.

"It's not just about turning off the television. It's about changing the channel. What children watch is as important as how much they watch,"

said lead author Dr. Dimitri Christakis, a pediatrician and researcher at Seattle Children's Research Institute.

The research was to be published online Monday by the journal Pediatrics.

The study involved 565 Seattle parents, who periodically filled out TV-watching diaries and questionnaires measuring their child's behaviour.

Half were coached for six months on getting their three-to-five-year-old kids to watch shows like Sesame Street and Dora the Explorer rather than more violent programs like Power Rangers. The results were compared with kids whose parents got advice on healthy eating instead.

At six months, children in both groups showed improved behaviour, but there was a little bit more improvement in the group that was coached on

their TV watching.

By one year, there was no meaningful difference between the two groups overall. Low-income boys appeared to get the most short-term benefit.

"That's important because they are at the greatest risk, both for being perpetrators of aggression in real life, but also being victims of aggression," Christakis said.

Before the study, the children averaged about 1 1/2 hours of TV, video and computer game watching a day, with violent content making up about a quarter of that time. By the end of the study, that increased by up to 10 minutes. Those in the TV coaching group increased their time with positive shows; the healthy eating group watched more violent TV.

Nancy Jensen, who took

part with her now six-year-old daughter, said the study was a wake-up call.

"I didn't realize how much Elizabeth was watching and how much she was watching on her own," she said.

Jensen said her daughter's behaviour improved after making changes, and she continues to control what Elizabeth and her two-year-old brother, Joe, watch. She also decided to replace most of Elizabeth's TV time with games, art and outdoor fun.

During a recent visit to their Seattle home, the children seemed more interested in playing with blocks and running around outside than watching TV.

Another researcher who was not involved in this study but also focuses his work on kids and television commended Christakis for tak-

Potential issue

The study has some flaws.

- The parents weren't told the purpose of the study, but the authors concede they probably figured it out and that might have affected the results.

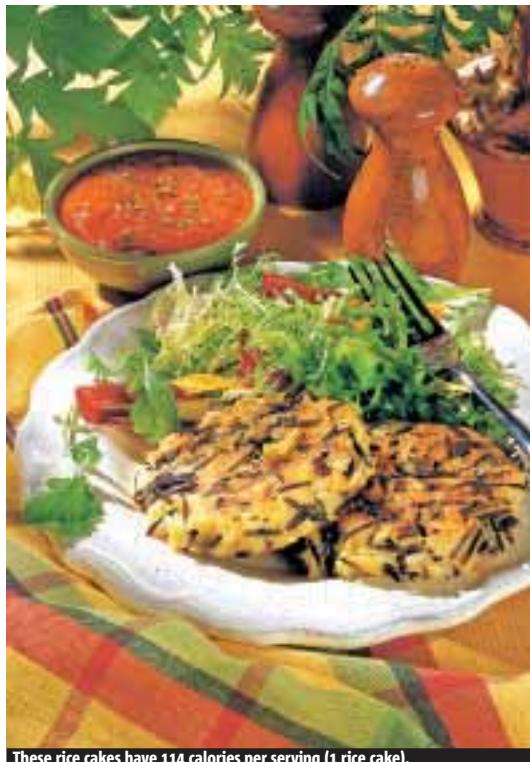
ing a look at the influence of positive TV programs, instead of focusing on the impact of violent TV.

"I think it's fabulous that people are looking on the positive side. Because no one's going to stop watching TV, we have to have viable alternatives for kids," said Dr. Michael Rich, director of the Center on Media and Child Health at Children's Hospital Boston.

**THE ASSOCIATED PRESS**

3  
EAT

# Rice Cakes with Tomato Purée



These rice cakes have 114 calories per serving (1 rice cake).

MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



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Serve these with soup and salad for a delicious lighter meal, or serve them as a side dish. The cakes can also be sautéed in a non-stick skillet sprayed with cooking oil. Try brown rice for a change, adding more stock if necessary.

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. For the rice cakes, bring the stock to a boil in a saucepan. Stir in the wild rice and simmer for 25 minutes. Add white rice, cover, reduce the heat to medium-low and cook for 10 more minutes, or until the rice is tender. Let the rice cool slightly. Drain off any liquid. Rinse with cold water.

3. Combine the cooled rice, garlic, mozzarella and Swiss cheese, green onion, Parmesan cheese, basil and eggs in a bowl. Stir until well mixed. Using a 1/3-cup measure, form the mixture into approximately 10 patties and

## Ingredients

### Rice Cakes

- 4 cups vegetable or chicken stock
- 1/2 cup wild rice
- 1/2 cup white rice
- 1 tsp minced fresh garlic
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup shredded Swiss cheese
- 1/4 cup chopped green onion
- 2 tbsp grated Parmesan cheese
- 1 tsp dried basil
- 2 eggs

### Sauce

- 1/2 cup tomato-based pasta sauce
- 2 tbsp 2 per cent evaporated milk
- 1/4 tsp dried basil

place on the prepared baking sheet. Bake approximately 12 minutes per side, until browned.

4. For the sauce, heat the tomato sauce, milk and basil in a small saucepan.

5. Serve the rice cakes with the sauce on the side.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

## Healthy eating

### Choose it and lose it



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Everyone loves pasta but no one likes calories and fat so be warned that some pasta choices are loaded with an unhealthy combination of both.

### Boston Pizza Smokey Mountain Spaghetti and Meatballs

1,730 calories / 63 g fat These are quite the "meat-a-ballas!" Literally a mountain of spaghetti smothered in Bolognese sauce with large meatballs and cheddar cheese. This represents your entire day's calories and three quarters of your daily fat!



### Equivalent

Same as having 2 1/2 orders of bruschetta in calories.



### Boston Pizza Fettuccini with Bolognese sauce

730 calories / 9 g fat This "make your own" pasta selection is the way to go. You end up with a normal serving size of pasta that will save you at least half the calories and a fraction of the fat.

## The DREAM BIG Contest

1 Dream BIG!

2 Submit a video by March 1st

3 Win up to \$1,000

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# Lost your job? Here's how to exit gracefully

## Now what?

A positive outlook, solid references and a clean online profile can all help smooth over the transition during unemployment

YLVIA  
VAN BUREN  
careerbear.com

If you've just been handed a pink slip and were escorted out the door by your boss, the first thing you should do is take a deep breath and prepare wisely for the next step in your work life. Stefan Danis, chief executive officer at Mandrake, provides this advice and suggests a timeline of one or two months to get started.

1. Be selective about who you speak to right away in your business network. You don't want to be emotional with colleagues. "It's important to first create the right narrative for what has happened and what is going to happen," Danis says.

2. Take time to regroup. In most cases, it's going to take far longer than you think to get back up and be re-employed, and you will go through stages of anxiety, fear and concern. Take advantage of available EAP assistance or speak to a career counsellor or an executive coach.

3. Set yourself up as a contract worker as soon as possible — if it's appropriate in your industry. "Your focus becomes one of trying to solve a potential organizational need and solving needs is a repeatable activity. If you use your network to look for a job and you're unemployed, you can only go to your network once. It's different if you're a contract worker and can go back a few times and talk about their issues — not yours," says Danis.

4. Prepare your resumé and line up at least three references including one from your last job. "Hiring organizations want to mitigate the risk of a bad hire. Offering references upfront helps to do this. It's a critical error to be dismissive and cynical when it comes to an end. You want the head of HR to remember what you did while there as opposed to how you left," Danis says, adding that more than three references will be an advantage.

5. Craft your online presence. Set up your own webpage, get onto LinkedIn to grow your network and re-



Losing your job can be tough, but don't succumb to cynicism. ISTOCK PHOTO

view and clean up your Facebook account — anyone who interviews you will likely Google you first.

6. Do some self-inquiry work to ensure the path you want to take is not based on an emotional response to what

just happened, Danis says. Make sure you're not trying to continue on the same path when other options may be better. Think about your values. What makes you happy at work? When you're in a career transition, this question could

help you figure out where you should work and why.

7. Be positive. "I'm a believer that what you radiate early in your networking will have a significant impact on where your journey's going to lead you," Danis says. According to the CEO, the resumé gets you the interview but then your attitude determines why you stand out from the other candidates.

Remember also that staying positive is important because "on the other side of a few weeks out lurks unmet expectations and possibly a negative attitude." This includes cynicism and anxiety, which are natural feelings that come from being unemployed.

Now you're ready to send an announcement or email to your network talking about your consultant work.

"Be sure to do some inquiry work after you have lost your job. We tend to revert to what is easy as opposed to what's right for us," Danis said.

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# Ontario's Homan takes home the gold at Scotties

**Curling.** Manitoba skip Jennifer Jones settles for second at final match in Kingston, Ont.

Ontario's Rachel Homan defeated Manitoba's Jennifer Jones 9-6 on Sunday night to win the gold medal at the Scotties Tournament of Hearts.

It was the first national women's curling title for Homan and her Ottawa Curling Club team of Emma Miskew, Lisa Weagle, Alison Kreviazuk and alternate Stephanie Drew. They will represent Canada at next month's world women's curling championship in Riga, Latvia.

"I can't even comprehend what just happened right now," Homan said. "It's un-

**Quoted**

**"They played great. They played lights out and they deserved to win today."**

Manitoba's Jennifer Jones on Team Ontario

believable."

The Ontario skip hugged her teammates and coach after the victory and was overcome with emotion while speaking to reporters after the win. She had to pause on occasion as tears of joy welled in her eyes.

The partisan crowd at the K-Rock Centre roared its approval in the opening end as Homan jumped out to an early lead. Jones crashed on a guard and Homan made a nice draw to score three.

Jones, a four-time national champion, tied the game at 4-4 with a double in the sixth end but Homan regained the lead in the seventh.

She cleared two Manitoba stones from the eight-foot with her first shot. Jones was heavy with her final throw, leaving Homan with a draw to score three and the crowd erupted when she nailed it for a 7-4 lead.

Ontario padded its lead with a steal of two after Jones missed a triple takeout attempt in the eighth end.

Earlier in the day, B.C.'s Kelly Scott defeated Team Canada's Heather Nedohin 10-8 to win the bronze medal.

THE CANADIAN PRESS



Ontario skip Rachel Homan, centre, celebrates her team's victory at the Scotties Tournament of Hearts with third Emma Miskew, left, and second Alison Kreviazuk on Sunday at Kingston, Ont.'s K-Rock Centre. RYAN REMIORZ/THE CANADIAN PRESS

## Jets keep good times rolling on the road



Winnipeg Jets goalie Ondrej Pavelec makes a save against the New Jersey Devils during their game Sunday in Newark, N.J. AL BELLO/GETTY IMAGES

**NASCAR**

### Johnson claims second 500 win

A big first for Danica Patrick, but an even bigger second for Jimmie Johnson.

Patrick made history up front at the Daytona 500 Sunday, only to see Johnson make a late push ahead of her and reclaim his spot at the top of his

sport.

It was the second Daytona victory for Johnson, a five-time NASCAR champion who first won "The Great American Race" in 2006.

Patrick, the first woman to win the pole, also became the first woman to lead the race. She was running third on the last lap, but faded to eighth at the finish.

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Winnipeg Jets coach Claude Noel has no explanation for his team's recent road success.

He isn't complaining about it, either.

Evander Kane scored a breakaway goal in the second period, and Andrew Ladd added some insurance in the third to lift the Jets over the New Jersey Devils 4-2 on Sunday.

Zach Bogosian scored in the first period, and Grant Clitsome had a power-play goal in the second for the Jets, who have won three of the first four of a five-game trip that concludes Tuesday

**On Sunday**

**4**

Jets

**2**

Devils

in New York against the Rangers. Ondrej Pavelec made 26 saves to earn his sixth win of the season.

"Getting a road win in this building is never easy," said Noel, whose team won in New Jersey for the first time since 2009. "It's really un-

believable. This team is resilient. They've faced adversity all year.

"There's a quiet confidence right now. For some reason, we're finding ways to score. I think it's part of maturity and growth. We went through a lot of struggles on the road last year. We understand now what it takes to win on the road."

After trailing 2-1 after the first period, the Jets (8-9-1) scored three unanswered goals.

Clitsome scored to tie the game, and Kane and Ladd added goals to seal the win.

THE ASSOCIATED PRESS



Danica Patrick on Sunday.  
THE ASSOCIATED PRESS

**World Baseball Classic**

### Martin pulls out on Team Canada

Russell Martin won't moonlight at shortstop after all.

Pittsburgh's catcher says he won't play for Team Canada in the World Baseball Classic because Canadian and Pirates officials don't want him to move from his normal position.

THE CANADIAN PRESS

**NBA**

### "Amnesty THAT"

Kobe Bryant's tweet after scoring 38 points against the Dallas Mavericks on Sunday. Maverick owner Mark Cuban had suggested in a radio interview the Los Angeles Lakers could reduce their salary-cap tax by dumping Bryant through the amnesty clause. Cuban said before the game he was speaking hypothetically. The Lakers beat the Mavs 103-99.

**Horoscopes**

**♈ Aries**

**March 21 - April 20**

Luck comes to those who think they deserve it, so believe you are being looked after by a lucky star and good fortune will most likely smile on you this week. Life doesn't have to be all about doom and gloom.

**♉ Taurus**

**April 21 - May 21**

What occurred over the weekend may not have struck you as funny but it should have. What happened to your sense of humor? Or do you only laugh when the joke is on someone else? Lighten up, it's life.

**♊ Gemini**

**May 22 - June 21**

Try to be tactful if you have to explain to a friend or work colleague how and why they got something wrong. There is a right way and a wrong way to point out mistakes. Choose the right way.

**♋ Cancer**

**June 22 - July 23**

Major changes are on their way. Don't bother trying to fight them. The forces at work are far too strong for you to stand against them. And why would you want to when they are in your favor?

**♌ Leo**

**July 24 - Aug. 23**

Even difficult situations should be easy to handle today. However, one thing you need to be aware of is that travel and social plans may be subject to delays. There's not a lot you can do but grin and bear it.

**♍ Virgo**

**Aug. 24 - Sept. 23**

It would appear that something has been bubbling away in your subconscious for some time but is now ready to break through and be taken seriously. It will lead to some radical changes in the way you think.

**♎ Libra**

**Sept. 24 - Oct. 23**

A new arrival on your social scene is a little bit shy, so put on your best smiley Libra face, take them by the hand and show them around. Before you know it you will be the firmest of friends.

**♏ Scorpio**

**Oct. 24 - Nov. 22**

You may be industrious but you cannot possibly do it all on your own. Seeing as how you have so much work to plough through over the next few days, why would you even want to consider it?

**♐ Sagittarius**

**Nov. 23 - Dec. 21**

If certain avenues of expression are blocked to you today maybe you should see it as the planets' way of telling you that an alternative route needs to be found. Think for yourself and realize you have so many choices.

**♑ Capricorn**

**Dec. 22 - Jan. 20**

There is no point getting emotional about things over which you have no control. There are still many issues you can have a say on and those are the things you must focus on now. Get real and stay real.

**♒ Aquarius**

**Jan. 21 - Feb. 19**

If what a friend requests of you is beyond your powers to deliver you must let them know immediately. Don't pretend that you might be able to help them when, deep down, you know it isn't going to happen.

**♓ Pisces**

**Feb. 20 - March 20**

The storms clouds of recent weeks have begun to break up and the sunshine is now pouring through. Think positive, act positive and believe that positive things are going to occur over the next few days – and they will.

SALLY BROMPTON

**Crossword: Canada Across and Down**

BY KELLY ANN BUCHANAN

**Across**

1. Royal Highness
4. Faith, for short
7. Niagara-on-the-Lake theatre festival in Ontario
11. "It takes \_\_\_ tango."
13. Ms. Green of "Casino Royale" (2006)
14. Winter/Summer Olympian Ms. Hughes
15. Deficient in energy
17. Keep an \_\_\_ mystery
18. B-F inbetweeners
19. Adjustment back to order
21. From longest ago
23. Simplicity
24. 'Par' add-on (Sitting room)
25. Lead/tin alloy
27. \_\_\_-mo replay
30. Seaside
32. Credit card user
34. Criminal associations
35. Breath \_\_\_ of relief
37. Phoned
38. Early-1900s art movement
40. Paper craft of Japan
42. Undercover agent
43. Sample food
45. Dem's political rival
46. Prefix with 'dynamic'
47. Sculptor's tool
50. Canadian potato chips since 1987: 2 wd.
54. Flatline
56. Furious
57. Winnipeg band, \_\_\_ Dummies
59. Ancient king of Crete
60. One: German
61. Radiant visions of light
62. "This \_\_\_ outrage!"
63. Web feed syst. for updates
64. Climber's l'il conquests

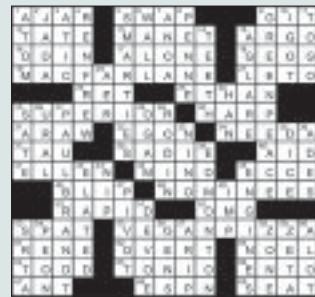
**Down**

4. Boat race meets
5. Good vs. \_\_\_
6. More like a doily
7. Gooey gunk
8. Rabbit-like animal
9. Elvis Presley's middle name at birth
10. Float, as a scent
11. "No Scrubs" group
12. 1995 Montell Jordan hit: "This Is How \_\_\_ It"
14. "I \_\_\_ for Miles" by The Who: 2 wd.

16. Hi-\_\_\_ graphics
20. Ben Kingsley title film role
22. "\_\_\_ say, not..."
26. Poet T.S. (b.1888 - d.1965)
27. Calgary's football team
28. Actress Ms. Anderson
29. Association, for short
30. Sudden political takeover
31. Type of soy sauce
33. Hillsides
34. Rap music's Hammer, et al.
36. Ancients like Aristotle
39. Mr. McQueen's

41. Bestselling author John
44. Many call it football
46. British car, \_\_\_ Martin
48. She's opposite
49. Ms. Kudrow
50. Mariah Carey album: 'The Emancipation of \_\_\_'
51. Goo Goo Dolls hit
52. Capital city of Yemen [var. sp.]
53. Reality star Ms. Jenner
55. Ands: French
58. Famed tomb king

**Friday's Crossword**



**Sudoku**

**How to play**

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

**Friday's Sudoku**

7	8	3	4	9	1	6	2	5
4	5	2	6	7	3	1	9	8
1	9	6	5	2	8	7	4	3
8	2	4	1	5	6	9	3	7
5	7	9	2	3	4	8	1	6
6	3	1	9	8	7	2	5	4
9	4	8	3	6	2	5	7	1
3	6	5	7	1	9	4	8	2
2	1	7	8	4	5	3	6	9

**Weather**

**TODAY**



MAX: -2°  
MIN: -11°

**TUESDAY**



MAX: -1°  
MIN: -8°

**WEDNESDAY**



MAX: -3°  
MIN: -15°



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